



REPORT ON

INTERNATIONAL Yoga day

21 JUNE, 2024

Yoga for
Women
Empowerment





“

Yoga helps us realize that our welfare is related to the welfare of the world around us. When we are peaceful within, we can also make a positive impact on the world.

Narendra Modi, Prime Minister

”

glimpses

CELEBRATING
INTERNATIONAL
Yoga day
21 JUNE, 2024





Ministry of Ports, Shipping and Waterways

MoPSW celebrated International Day of Yoga at the Central Lawn of Transport Bhawan in New Delhi. The event was attended by notable figures including Anurag Jain, IAS, Secretary of @MORTHIndia, and T.K. Ramachandran, IAS, Secretary of MoPSW, along with other esteemed members of the ministry. The session highlighted the importance of yoga in promoting physical and mental well-being, fostering unity, and emphasizing the significance of a healthy lifestyle.



Chennai Port Authority

On June 21st, the Chennai Port Authority celebrated the 10th International. The event was aimed at promoting yoga among port employees, students, and the broader community, were held at three key workstations in the Centenary Building and at the Chennai Port & Dock Educational Trust Higher Secondary School. Nearly 210 port officials participated in the celebration. A special highlight was the workstation yoga, tailored for employees who spend long hours at their desks, featuring standing stretches, sitting yoga exercises, and eye exercises to relieve stress and improve posture.





Cochin Port Authority

Cochin Port Authority celebrated the International Day of Yoga 2024 on June 21st with grand events across Willingdon Island, including at the Sagarika Cruise Terminal courtyard, Ernakulam Wharf, and on board M V Corals and Dredger Nehru Shathabdi. The celebrations featured Yoga demonstrations senior officers, employees, nursing students, and CISF personnel. Yoga-themed painting competitions were also held for students from local schools, with Chairperson Kasiviswanathan awarding prizes in the presence of senior officials.



Deendayal Port Authority, Kandla

Deendayal Port Authority, Kandla, celebrated the 10th International Day of Yoga at the Sports Complex in Gopalpuri, Gandhidham, with the presence of distinguished dignitaries including Dr. N. Vinodkumar, IPoS, Chairman; Shri Nandeesh Shukla, IRTS, Deputy Chairman & others. In addition to the on-ground celebrations, Yoga was also practiced on-board a vessel at Kandla, highlighting the widespread enthusiasm for this global health initiative and underscoring the importance of Yoga in promoting physical and mental well-being.





Mormugao Port Authority

To commemorate International Day of Yoga, Mormugao Port Authority (MPA) Goa organized a yoga event on June 21, 2024, at the MPA Berth on the vessel "ECOMAR," featuring crew members and students from Deepvihar Higher Secondary School, with Shri Damodar Govekar from Goa state Yoga Academy as the Yoga Guru. Additionally, the day was observed at Ambedkar Vocational Centre. Staff members and local children enthusiastically participated in the celebration. In line with MoPSW directions, a Selfie point was installed at MPA to mark the celebration.



New Mangalore Port Authority

NMPA commemorated International Day of Yoga celebration at the Port, with participation from the Deputy Chairman, Chief Vigilance Officer (CVO), and Heads of Departments. This event marked a significant day of promoting health, unity, and wellness among port employees. Officers, staff, and trainees gathered to participate in yoga sessions, emphasizing the importance of physical and mental well-being.





Mumbai Port Authority

Mumbai Port Authority (MbPA), celebrated the 10th International Yoga Day at the Gateway of India with over 3,500 participants, including senior officers of MbPA and the Chief Minister and Deputy Chief Minister of Maharashtra, who encouraged embracing Yoga for fitness and national service. In addition, MbPA practiced Yoga on-board a vessel and inside a foreign ship, marking the occasion with widespread participation and enthusiasm.



Jawaharlal Nehru Port Authority

JNPA conducted a rejuvenating yoga session for administrative staff in collaboration with the Ministry of Ports, Shipping, and Waterways, centered around the theme of "Yoga for Women Empowerment." This dynamic session, held at JNPA's landing jetty, APEC Training Center, and JNPA Administration Building, resulted in feelings of refreshment, rejuvenation, and empowerment. The event was celebrated with a special session for female employees, which was enriching, enthusiastic, and filled with vibrant energy.





Paradip Port Authority

Shri P.L. Haranadh, Chairman of Paradip Port Authority, led the celebration of the International Day of Yoga 2024 at the serene lakeside of Chilika. As part of the festivities, they also organized a yoga session involving students from local schools such as Port Trust High School, DAV School, Saraswati Sishu Vidya Mandir, and Twinkle Twinkle School. This initiative aimed to promote yoga among the youth, fostering a culture of health and well-being within the community.



Syama Prasad Mookerjee Port, Kolkata

Under the auspices of the Ministry of Ports, Shipping & Waterways, Sh. Rathendra Raman, Chairman of Syama Prasad Mookerjee Port, Kolkata, led the vibrant celebration of International Yoga Day 2024 at Millennium Park III. The event drew a diverse gathering of 350 participants, including women, CISF officials from SMP Unit, and school students, emphasizing yoga's role in fostering health, unity, and overall well-being. Concurrently, the Haldia Dock Complex of SMP observed the day aboard the tug ship 'Shiromoni', showcasing active participation from all departmental tugs in promoting community health and wellness through yoga.





V.O.Chidamabaranar Port Authority, Tuticorin

On International Yoga Day 2024, themed 'Yoga for Self and Society', VOC Port celebrated with enthusiasm and participation from various groups. Shri Suresh Babu, Deputy Chairperson i/c of VOC Port Authority, presided over the event, which included a poster competition for Port school students and a yoga session. The demonstrations at the Port's community hall were attended by port officers, staff, CISF contingent, and school teachers, while yoga activities also took place at coastal berths and the premises of M/s. Dakshin Bharat Container Terminal, involving flotilla crew and port fire service personnel.



Inland Waterways Authority of India

The International Day of Yoga was celebrated enthusiastically at the Head Office, all Regional Offices, Terminals and Vessels of the Inland Waterways Authority of India (IWAI). The event in Tinsukia, Assam, featured Hon'ble Union Minister of Ports, Shipping and Waterways Shri Sarbananda Sonowal as the Chief Guest and Shri Sanjay Kishan, Minister, Govt of Assam, as the Guest of Honour. At the IWAI Head Office, a selfie point, banners, and standees were set up, and participants were provided with t-shirts, trousers, and yoga mats for the event.





Dredging Corporation of India

The International Yoga Day celebration at DCIL Visakhapatnam headquarters was attended by Captain S. Divakar, CGM, and Dr. P.K. Sethi, HOD (HR), along with other department heads. The event featured live streaming on YouTube, enabling over 600 employees from various project offices across India and onboard DCIL dredgers to join in yogic activities. The enthusiastic participation, both onsite and remotely, highlighted the positive impact of yoga on physical and mental well-being, garnering appreciation for fostering a healthier workplace culture within DCIL.



Indian Port Rail Corporation Ltd.

International Yoga Day on June 21, 2024, was celebrated with great enthusiasm and dedication across all Regional offices and the Mumbai HQ of IPRCL. Offices in Ahmedabad, Gandhidham, Delhi, Ranchi, Bhubaneswar, Kolkata, Chennai, Paradip, Bilaspur, Vijayawada, and Vizag participated under the supervision of trained Yoga teachers, with officers and staff, including contractual supervisors, engaging in morning Yoga sessions. In Mumbai HQ all HODs and staff practiced Yoga guided by Team Patanjali Yoga trainers encouraging regular practice for a healthy mind and body.





Shipping Corporation of India

On the 10th International Yoga Day, the Shipping Corporation of India (SCI) organized a physical session at its head office led by trained faculty from the "Art of Living" foundation. The session aimed to promote yoga's holistic benefits and encourage it as a regular practice for better health. Employees from various SCI locations, vessels, as well as their families and ex-employees, participated online via the Webex platform, highlighting the widespread engagement and commitment to fostering wellness through yoga.



Cochin Shipyard Limited

Cochin Shipyard Limited (CSL) celebrated International Yoga Day 2024 with a dynamic array of activities designed to promote health and wellness. The event included selfie points throughout CSL, informative hoardings, and banners to raise awareness. Embracing the theme of "Empowering Women," the event saw significant involvement from female employees in group and individual yoga sessions, emphasizing the importance of holistic well-being.





Indian Maritime University

The Indian Maritime University (IMU) celebrated International Yoga Day with a series of engaging events designed to promote wellness and holistic development among its community. Additionally, a drawing competition and an essay competition were organized. The school outreach program saw IMU volunteers visiting local schools to conduct yoga workshops, fostering the practice among young students. These activities collectively aimed at enhancing mental and physical well-being, while also promoting a culture of health and mindfulness across the university and its extended community.



MEDIA COVERAGE



കുപ്പലുകളിൽ യോഗ നടത്തി കൊച്ചി തുറമുഖ ട്രസ്റ്റ് അതോറിറ്റി

മതാഞ്ചേരി: തുറമുഖത്ത് നല്ലൊരു യോഗ കുപ്പലിലൂടെ ആയിരക്കണക്കിന് കുപ്പലിലൂടെ യോഗ പ്രകടനം നടത്തി കൊച്ചി തുറമുഖ അതോറിറ്റി പ്രകടനം. യോഗ കപ്പൽ എം.വി.കോറന്റർ, കെ.എസ്.എസ്. തുറമുഖത്ത് കുപ്പൽ എന്നിവയ്ക്ക് ലും സാമൂഹിക ഹാളിലുമാണ് യോഗ പരിശീലനം നടന്നത്. യോഗാദൃഷ്ടകൻ എസ്.രാജേഷ് പരിശീലക നായിപ്പോട്ട് അതോറിറ്റി ചെയർമാൻ ബി.കാശി വിശ്വനാഥൻ, ഡെപ്യൂട്ടി ചെയർമാൻ വികാസ് നർവായ് എന്നിവർ നേതൃത്വം നൽകി. വിവിധ വകുപ്പുകളിലെ ഉദ്യോഗസ്ഥർ, സി.ഐ.എസ്.എഫ്. ക്ലബ്ബ് വിദ്യാലയ വിദ്യാർത്ഥികൾ, ജീവനക്കാർ, തൊഴിലാളികൾ എന്നിവർ പങ്കെടുത്തു. യോഗത്തിന് ചിത്രാപന മത്സരവുമായി കൂടി സമാപനം നടന്നു.



കൊച്ചി തുറമുഖത്ത് കുപ്പലിൽ നടന്ന യോഗ അവതരണം.



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മാധിധമ ഡബ്ല്യു യോഗമയ: അംഗങ്ങൾ ക്ലബ്ബിലെ യോഗ
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പാൽ യോഗ ദിവസം ഉദ്ഘാടനം

<https://divya.bhaskar.com/MMnCGiZFBKb> 4:59 pm

INCREDIBLE NEWS

EDITOR KARUSHMA.MANI.REG NO-GJ-13-0028324.CONTACT NO-9979160097

ദിനമലയാളി പാർട്ടി അംഗീകരിച്ച്, ക്ലബ്ബ് ട്രസ്റ്റ് മാധിധമ-ഗോപാലപുരം സ്പോർട്സ്
കോംപ്ലക്സ് പാൽ ഗോപാലപുരം യോഗ ദിവസം ഉദ്ഘാടനം ചെയ്തത് അവി. ക.



മാർട്ടി ദിനമലയാളി പാർട്ടി അംഗീകരിച്ച്, ക്ലബ്ബ് ട്രസ്റ്റ് മാധിധമ-ഗോപാലപുരം സ്പോർട്സ് കോംപ്ലക്സ് പാൽ ഗോപാലപുരം യോഗ ദിവസം ഉദ്ഘാടനം ചെയ്തത് അവി. ക. മാർട്ടി ദിനമലയാളി പാർട്ടി അംഗീകരിച്ച്, ക്ലബ്ബ് ട്രസ്റ്റ് മാധിധമ-ഗോപാലപുരം സ്പോർട്സ് കോംപ്ലക്സ് പാൽ ഗോപാലപുരം യോഗ ദിവസം ഉദ്ഘാടനം ചെയ്തത് അവി. ക. മാർട്ടി ദിനമലയാളി പാർട്ടി അംഗീകരിച്ച്, ക്ലബ്ബ് ട്രസ്റ്റ് മാധിധമ-ഗോപാലപുരം സ്പോർട്സ് കോംപ്ലക്സ് പാൽ ഗോപാലപുരം യോഗ ദിവസം ഉദ്ഘാടനം ചെയ്തത് അവി. ക.



International Yoga Day celebrated at MPA

Goomkarponn Desk

MORMUGAO: As a countdown to International Day of Yoga 2024, the Mormugao Port Authority (MPA) in Goa hosted an enriching yoga event on Wednesday, centered on the theme "Yoga - A Key to Good Health".

The event aimed to promote physical and mental well-being among port employees. Dr. Reshma Bais, an Ayurvedic practitioner and yoga expert, led the session on the vessel "ECOMAR" and



departments, including CISF personnel have attended the programme. Mormugao Port Authority (MPA), Goa also organized a yoga event on Friday.

The event took place at the MPA Berth on the vessel "ECOMAR" and included crew members on board and students from the port-run Deep Vihar Higher Secondary School. Demodar Govekar, Goa state Yoga Academy was the Yoga Guru during the said session. Five students from the Academy also

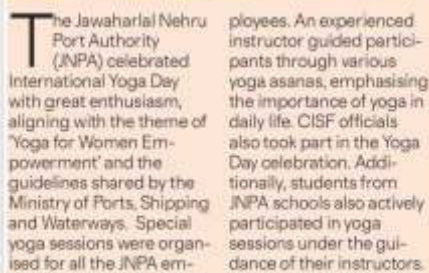
demonstrated various Yoga exercises. On the occasion of International Yoga Day 2024, a Yoga session was also organised at "SAARASWATI", Main Administrative Building premises. The event was attended in large numbers under the guidance of Dr. N. Vinodkumar, IPoS, Chairperson, MPA, led by Vinayaka Rao, Dy. Chairperson MPA along with HODs, Senior officers, Port Employees, CISF personnel and Port-run Deepvihar school students.

ചാരാവാഴ വെർ രീതികളിൽ വൃതർ മോദൻ അഭിനയ കാര്യകൂട്ടം



മാർട്ടി ദിനമലയാളി പാർട്ടി അംഗീകരിച്ച്, ക്ലബ്ബ് ട്രസ്റ്റ് മാധിധമ-ഗോപാലപുരം സ്പോർട്സ് കോംപ്ലക്സ് പാൽ ഗോപാലപുരം യോഗ ദിവസം ഉദ്ഘാടനം ചെയ്തത് അവി. ക. മാർട്ടി ദിനമലയാളി പാർട്ടി അംഗീകരിച്ച്, ക്ലബ്ബ് ട്രസ്റ്റ് മാധിധമ-ഗോപാലപുരം സ്പോർട്സ് കോംപ്ലക്സ് പാൽ ഗോപാലപുരം യോഗ ദിവസം ഉദ്ഘാടനം ചെയ്തത് അവി. ക.





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Share This News Story:

MUNDAI : The Jawaharal Nehru Post Authority (JNPA) celebrated International Voice Day with great enthusiasm, aligning with the theme of **Yoga for Women**.

Today on the occasion of International Yoga Day, Our INPA family came together, embracing the spirit of wellness. St. Mary INPA School & RNF School spent the morning in practicing various forms of Yoga.

The hall buzzed with youthful energy and uplifting vibes as everyone inhaled the essence of fitness and exhaled their challenges.



தூத்துக்குடி வடசி
துறைமுகத்தில்...

தாதுக்கிய. ஐலிம் 21: தாதுக்கியர்
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10. துறையுள் சிவபெருமான்
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Start Yoga from early age itself: NMPA chairman

DOI: 10.1002/anie.201100000

NEW Mangalore Port Authority (NMPPA) celebrated the 10th International Day of "Zero HIV" with great fervour on Friday. Dr. A. V. Ramana, Chairman NMPPA, graced the event as the Chief Guest, while S. Shanthi, Deputy Chairperson, and Padmanabhaiah K., NMPPA's Chief Vigilance Officer, were the Guests of Honour.

In his address, Chairman Dr. A. C. Ramana highlighted the profound importance of yoga (both physical and mental fitness). He emphasized that incorporating yoga into daily routines from a young age can help combat negative habits and foster a disciplined, healthier society.



He noted that June 21, the day with the longest daylight, was aptly chosen as International Yoga Day by the United Nations. He expressed concern over the current generation's immersion in technology and toxic habits, advocating yoga as a solution. Chairman NBSB, who linked yoga to India's economic resurgence, said, "To achieve the economic power we need strong, disciplined, and intelligent individuals. Yoga plays a vital role in this." He concluded by expressing confidence in the nation's future, both as an economic powerhouse and a hub of physical and mental fitness, under the guidance of the Prime Minister.

MEDIA COVERAGE



ପାରାଦ୍ୱୀପ ବନ୍ଦର ଓ କୋଷ୍ଟଗାର୍ଡ ମିଳିତ ସହଯୋଗରେ ଯୋଗାଭ୍ୟାସ

ପାରାଦ୍ୱୀପ, (ବିବେକ ଦୁଧିଆ): ପାରାଦ୍ୱୀପ ଚଳିତ ୨୧ ତାରିଖ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପରିବେଶରେ ପାରାଦ୍ୱୀପ ବନ୍ଦର ପୋର୍ଟାଓରିଜରେ ପ୍ରବା କରାଯାଇ ଚଳିଥିଲା। ତାହାହାର 'ବିବେକ' ପ୍ରଦର୍ଶନୀରେ ଶ୍ରମିକମାନଙ୍କୁ ଏକ ଯୋଗ ଶିକ୍ଷା ଓ ଅଭ୍ୟାସ କାର୍ଯ୍ୟକ୍ରମ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ଓ ଶ୍ରମିକମାନଙ୍କୁ ଚଳିଥିଲା। ମିଳିତ ସହଯୋଗରେ ପ୍ରାୟୋଗିତ ଏହି ଯୋଗ କାର୍ଯ୍ୟକ୍ରମରେ ପ୍ରାୟ ୫୦ ଶ୍ରମିକମାନଙ୍କୁ ଯୋଗ ଦିବସ ପରିବେଶରେ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା।



ପ୍ରତିକୃଷ୍ଟ ପ୍ରକାର କରିଥିଲେ। ଏହି କାର୍ଯ୍ୟକ୍ରମରେ ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗିତ ଏହି ଯୋଗ କାର୍ଯ୍ୟକ୍ରମରେ ପ୍ରାୟ ୫୦ ଶ୍ରମିକମାନଙ୍କୁ ଯୋଗ ଦିବସ ପରିବେଶରେ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା।

AANKAL

Dated: 22.06.2024

ରାଜ୍ୟେ ପାଳିତ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗଦିବସ

ଆଜକାଳରେ ଘଟିବେନ

ରାଜ୍ୟ ଭୂମିରେ ପାଳିତ ହେଉଥିବା ଯୋଗ ଦିବସ। ଏହି କାର୍ଯ୍ୟକ୍ରମ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗିତ ଏହି ଯୋଗ କାର୍ଯ୍ୟକ୍ରମରେ ପ୍ରାୟ ୫୦ ଶ୍ରମିକମାନଙ୍କୁ ଯୋଗ ଦିବସ ପରିବେଶରେ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା।

ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିବା ଯୋଗ ଦିବସ। ଏହି କାର୍ଯ୍ୟକ୍ରମ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗିତ ଏହି ଯୋଗ କାର୍ଯ୍ୟକ୍ରମରେ ପ୍ରାୟ ୫୦ ଶ୍ରମିକମାନଙ୍କୁ ଯୋଗ ଦିବସ ପରିବେଶରେ ପ୍ରାୟୋଗିତ ହୋଇଥିଲା।

Joint on-board yoga programme conducted at ICGS vessel VIJAYA

Paradip: On the eve of International Yoga Day on June 21, The Paradip Port Authority (PPA) and Indian Coast Guard (ICG) jointly conducted a on-board yoga program at ICGS vessel VIJAYA on Saturday. Officials of both entities embarked on a journey of peace of body, mind by immersing themselves in yoga session.

The Yoga program was conducted by the famous Art of living yoga guru Tapas Pati with the presence of Commandant Kailash Singh, Commanding Officer, ICGS VIJAYA and Commandant (JG) Vishwajeet Singh, Executive Officer who were organised the event. Among others, PPA officials Capt A.C.Sahu, DC, Sr. Dy, CAO R. N Mishra, Chandan Panigrahi, Dy, CME Manipuspaka Sethy, E.E (C) K. P. Mishra were also present in the event.



ସାହାଣ ମେଳା



ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଚିଲିକା ଠାରେ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ



ପାରାଦ୍ୱୀପ, ୨୧.୦୬.୨୪ (ସା.ସ୍ୱ.): ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା।

ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା।

ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା।

BARTAMAN PATRIKA (HINDI)
Dated: 22.06.2024



ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା। ପାରାଦ୍ୱୀପ ବନ୍ଦର ପ୍ରାୟୋଗ ପକ୍ଷରୁ ଆନ୍ତର୍ଜାତୀୟ ଯୋଗ ଦିବସ ପାଳିତ ହେଉଥିଲା।





सत्यमेव जयते

GOVERNMENT OF INDIA
MINISTRY OF PORTS, SHIPPING & WATERWAYS

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